



BERNAL SAVES ITS BANK!

After several months of combined efforts, the hill celebrates victory

In May of 1992, the community learned that their Bernal Heights branch was on the hit list of closures by the Bank of America (BoFA). Nine months later, after protests, meetings with bank officials, letter writing and a "Save the Bank" campaign, Bernal Heights celebrated its David versus Goliath victory over Bank of America. The monumental task of a small neighborhood fighting a corporate giant was won through strong community activism and involvement, intense scrutiny of the press and the potential of a California Reinvestment Act (CRA) test case.

In June, 1992, the Bernal Heights Neighborhood Center, Cortland Merchants Association and concerned neighbors ranging from the Bernal Branch Library to St. Kevin's Church organized a petition drive to save the bank, collecting 700 signatures in no time. A protest by Bernal Heights Senior Program participants outside the branch drew local television and newspaper coverage. This was enough to earn the first meeting with BoFA representatives to discuss how Bernal Heights could keep its branch open. BoFA representatives offered to keep the branch open if

1,000 new accounts were opened by March, 1993.

In their plan to increase profits, BoFA decided to consolidate the Bernal branch with its 29th & Mission Street branch. The needs of the Bernal Heights community, by contrast, were accessibility and safety for its elderly and continued economic development of Cortland Avenue's commercial area. The needs of the community and no-cost checking account offers convinced 550 neighbors to open new accounts and an additional 100 to transfer their accounts to the Bernal Branch. At this time in January, 1993, however, the campaign to save the bank met with serious conflict.

Residents of Bernal Heights began to question the Save the Bank's organizers about encouraging residents to do put their money into BoFA, a corporation that contributed to the Boy Scouts of America, which openly practiced discrimination against homosexuals. A few weeks later, the Save the Bank campaign was dealt its hardest blow when BoFA received endless bad press coverage for its decision to force many of its full-time tellers to work part

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Precita Valley Coalition Wins Demands from Mayor Frank Jordan

By Buck Bagot

Grass-roots community organizing is still the best way to get your fair share from City hall. Better community policing, gang-prevention outreach workers, park renovation, more staff time for Precita

Valley Center, improvements in public housing - the Precita Valley Coalition won them all in the latest stage in an organizing effort begun in October, 1992.

On Monday, March 14, 1993, over 100 members of the Precita Valley Coalition met with Mayor

Frank Jordan and his staff at St. Anthony's Church. In response to a specific set of demands, Mayor Jordan agreed to:

Public Safety Issues

- Institute a Police "drop-in station" in the community room

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Photo by Elsie Foley

St. Anthony's pastor Fr. Michael Weldon, Sr. John Ellen of St. Anthony's School, Diane Bauer of Leonard Flynn Elementary, Mayor Frank Jordan and Precita Valley Chairperson and BHNC Board Member Bruce Parker.

People on the Hill

Food Equals Love

Marilyn Picariello organizes simple acts of delivering food to combat a major world problem



Andover Street neighbor Marilyn Picariello of Project Open Hand.

Bernal Heights resident Marilyn Picariello has always been attracted to jobs which bordered on the social aspects of helping others, from positions in the health food industry to running a women's bookstore and center. But when AIDS had ended the life of several of her friends, she decided to do something on a personal level. Picariello became a volunteer with Project Open Hand a couple years ago to help her gain practical and emotional support through volunteering and to help overcome her personal loss. "It was a crossroad in my life," Picariello remembers, "And after becoming involved, I realized that I wanted to help full time."

Today, as Project Open Hand's energetic Volunteer Recruiter, Picariello finds folks to help cook and

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Community Anxious Over Rumored C.P.O.P. Changes

By Mauricio Vela, Center Director

Statistics show a reduction of crime in the Bernal Heights areas that are patrolled by C.P.O.P., the S.F. Police Department's community policing component. C.P.O.P. was expanded into Bernal Heights in March of 1991, and had immediate impact on the reduction of crime, long-term public safety and "Hot Spot" problems in the community. The neighborhood has embraced the program and the C.P.O.P. officers have embraced the community. It has proven to be a successful, cost effective program utilizing and involving community residents. When residents who were concerned about public safety heard about the rumored changes in CPOP service to Bernal, they were outraged.

At the monthly Ingleside Police Community Relations meeting held on March 16th, Miki Saxon, a North West Bernal activist stated, "If it ain't broke, don't fix it." At Nicco's Cafe on Cortland Avenue, thirty-five signatures protesting the changes were collected in just two days. Residents had feared the changes because no plan had been presented to the public.

Captain Harlan Wilson stated at the Community Relations meeting that changes were being made to C.P.O.P. city wide, but not to the Ingleside C.P.O.P., which covers Bernal Heights. He also stated that Chief Ribera wanted all 1,000 patrol officers trained in the Community Policing Philosophy so that each offi-

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new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly (6 issues/year) neighborhood newspaper published by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

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New Bernal Journal Staff/Volunteers

Editor: Vicki Victoria
Youth Assistant: Tanisha Johnson
Photography: Vicki Victoria
Art Production: Victoria Graphics
Distribution: David Rogers & a cast of hundreds!
Contributors: Buck Bagot, Helen Heller, Mauricio Vela, Anne Weinberger, Barbara Pitschel, Jessica Murray, Jeff Bachman, Jeanette Conley, Carmen Muñoz

Spanish Translation:

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Precita

Continued from page 1...

at the Bernal Dwellings Development.

- Increase Police presence in the area by extending the Mission Station Gang Task Force across the Army St. precinct boundary to cover Precita park.

- Support establishing and enforcing a 10 p.m. park closing time in Precita Park (setting the closing time requires a vote of the Recreation and Parks Commission).

- Reorganize CPOP to try to provide more effective community policing - the Mayor refused to provide an increase from the current 4 days a week to the 7 days we need.

- Install adequate lighting in and around Precita park.

- Have Ingleside Police Captain Harlan Wilson and Mission Captain George Kowalski meet every two weeks with the Coalition.

- Maintain increased Police presence at the three area schools in the morning, at noon, and in the afternoon. Also, increase Police presence at the Head Start program in Precita Center at lunch time.

Youth and Gang Prevention

- Expand the Mayor's Gang Prevention Project to include all of Bernal Heights (half-time in Precita Park area) by the funding of one full-time worker through the Bernal Heights Neighborhood Center.

- Increase youth employment (through the Clinton Administration's Economic

Incentive Package).

- Increase youth activities through increased utilization of the Precita Center, specifically through a \$5,000 planning grant from the Mayor's Criminal Justice Council, and a \$5,000 grant from David Gillmore, Director of the SF Housing Authority for equipment and supplies.

Precita Park and Public Works Improvements

- Commit to beginning construction on Precita Park renovations by the end of April, 1993.

- Increase the street lighting around Precita park.

3. Install new speed limit signs for North bound (downhill) traffic on Folsom at the top of Bernal hill.

Improvements at Bernal Dwellings Public Housing

- Support the proposal for reconstruction of the Dwellings to Clinton, HUD and our Congressional delegation.

- Work with the City Planning Department and the Board of Supervisors to approve and implement the proposal.

- Assign budget and program staff to develop sources of City and County funding for the local matching funds for community and resident services fundable through the reconstruction program, in time for the May 5, 1993 deadline.

Gunfire and drug dealing spurred organizing

The Precita Valley Coalition formed and began organizing in October, 1992 against gunfire, drug-dealing and deteriorating conditions in the Precita Park/Bernal Dwellings Development area. The Coalition's member organizations include: Bernal

Dwellings Tenants Association, Bernal Heights Neighborhood Center, Immaculate Conception Elementary, Inner Mission Neighbors, Leonard R. Flynn Elementary, Northwest Bernal Block Club, Precita Center, Precita Valley Committee, and St. Anthony's Church and School. The Coalition receives community organizing assistance from the BHNC.

The coalition developed a set of demands, and kicked off its organizing with a petition drive that signed up 300 neighbors and 200 public housing residents in support of the requests. The petition also called for a face-to-face meeting with the Mayor. The coalition followed with meetings attended by 80 and 200 Precita and Bernal Dwellings residents. The actions, in addition to television, radio and print coverage of conditions in the Bernal Dwellings ("Army Street") public housing resulted in a signed agreement between the San Francisco Housing Authority (SFHA) and the Bernal Dwellings Tenant Association (BDTA). Although we still have a long way to go, the improvements in the Dwellings are significant, including daily mopping of floors and trash removal, paint-out of graffiti, repair of exterior lighting, replacement of exterior light bulbs, and the refurbishing and reopening of the tenants' community room. The SFHA is working with the BDTA to set up a building captain system, and the tenants' association is holding regular meetings.

To find out how you can become active in the Precita Valley Coalition, call Chair Bruce Parker at 415/285-4851.

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American Prairie
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3 var. - reg 2.89

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selected flavors
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water pack - reg 1.39



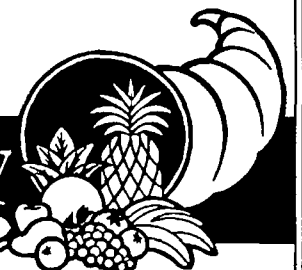
Yves
Tofu Weiner \$2.79
12 oz. - reg 3.29

Veggie Weiner \$2.09
9.5 oz. - reg 2.49

Amy's
Burritos \$1.39
Non-Dairy - Cheese
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Key players in the fight to save the bank: Left to right, top row: Imre Mandoki - Cortland Merchants Assoc. President, Mauricio Vela - BHNC Center Director, Emma Houweling, B.H. Senior Program participant, Enric Zabala - B.H. Senior Committee member, Dorothy Coakley - Bernal Children's Librarian, Fr. James O'Malley - Pastor St. Kevin's Church, Good life Groceries Staff members. Bottom row: Buck Bagot - Community Organizer, Grace Williams - V.P. Senior Advisory Council, Mary Foy - B.H. Senior Program Assistant, Jeffrey Bachman - BHNC/BHHC Fiscal Manager, Helen Helfer - BHNC/BHHC Executive Director.

Bank -

Continued from page 1...

time with reduced company paid health benefits. The Bernal neighborhood, especially with its large number of working class residents, did not receive the news reports of the bank undermining its employees well and the Save the Bank campaign efforts were thwarted.

With the deadline to open 1,000 new accounts still shy by a few hundred and the March rapidly approaching, Save the Bank organizers decided to meet with bank representatives to discuss mutual efforts towards keeping the branch open. The Bernal branch, under the leadership of

manager Jacqueline Shaffer, had worked harmoniously with the community to open a greater percent of their new account target than other branch in the district. The meeting, however, with the higher echelons of bank management revealed that BofA would not accept even one less than the 1,000 agreed upon accounts needed to keep the Bernal branch open. A monumental task had now grown into something that seemed close to impossible.

With BofA unmoved by the needs of the community, the Neighborhood Center decided to change its strategy and challenge BofA on a technical level. The Neighborhood Center's Fiscal Manager, Jeffrey Bachman, who had been a board member on the

California Reinvestment Committee (CRC), challenged the BofA's decision to close the Bernal branch based on its CRC agreement resulting from the bank's merger with Security Pacific the previous year. In a letter to BofA's CEO, Richard Rosenberg, Bachman contended that BofA would create an underserved area in a lower-income market by closing the Bernal branch, a direct violation of the CRC agreement. BofA contended that it did not violate the agreement on the basis of a "redundancy" in which the nearest branch was within a half mile radius and that Bernal residents could be served there. However, Bachman, using city zoning maps, showed that the distance of the 29th & Mission Street branch was further than half a mile. He also pointed

out that the 49 degree slope of Cortland Avenue to Mission Street as well as the two bus line ride to access that branch created a serious barrier for the community's elderly.

Suddenly, in mid February, 1993, the surprising and joyous news rang throughout Bernal Heights: the bank would not close. The fight and persistence of Bernal's seniors, neighbors and merchants was recognized. BofA's barrage of bad press over its treatment of its tellers had turned out to be a curious blessing for the Save the Bank campaign, as it appeared that the corporation did not want to draw anymore negative attention or scrutiny by the press to its practices.

The corporate giant backed off, perhaps wanting to avoid a potential Community Reinvestment Act test case by its closure of the Bernal branch. A February 22, 1993 letter to the Neighborhood Center read, "We do not believe that considering the possible closure of the Bernal Heights branch was in any way reneging on any promises made to the California Reinvestment Committee or any other group."

Today, the Bernal Heights branch continues to serve the hill, providing essential community services, especially for the senior citizens and merchants who fought hard to save it. A signal has been sent that closing a branch or threatening to take a branch out of a neighborhood will not be treated lightly. Bernal Heights was the defiant mouse who stood up to the eagle that threatened to devour it. The little mouse roared that someone picked the wrong bank in the wrong neighborhood to close. •

- By Vicki Victoria
with Jeffrey Bachman

Gang Prevention Program Expands to Bernal

Mayor Frank M. Jordan announced to a neighborhood meeting of the Bernal Heights and Precita Valley neighbors on March 15th that he will expand the San Francisco Gang Prevention Program to the Bernal Heights neighborhood.

"Early prevention is the key to reducing gang activity on our streets," said Jordan, "By expanding the Gang Prevention Program to the Bernal neighborhood, hopefully we'll be able to steer more San Francisco youth in positive directions and away from gangs and drugs."

Federally funded and operated by the Mayor's Criminal Justice Council, the program works to divert youth (ages 11-14) from becoming involved with gangs and drugs. The project places outreach workers - many of whom are former gang members - in neighborhoods organizations to identify and work with problem youth. An outreach worker will work out of the Bernal Heights Neighborhood Center and Precita Center.

San Francisco's Gang Prevention Program has been extremely successful in diverting youth from gang and drug activity since its inception in 1989 and was one of only three cities in the nation to receive extended funding. •



St. Luke's Breast Health Center

For Women Who Want to Protect Their Health...

If you are a woman who is 40 years or older, there is an important step you can take to protect your health. The American Cancer Society recommends that women without a history of breast disease have their first mammogram by the age of 40. Women aged 40-49 years should have a mammogram every year or two. Women who are 50 years and over should have a mammogram every year.

A mammogram is an x-ray that produces pictures of the insides of your breasts. It can detect breast disease and breast lumps that are too small and too deep to feel. Although nine out of ten women will not develop breast cancer and most breast changes are not cancerous, a mammogram is a safe and simple way of detecting breast cancer. The earlier breast cancer is diagnosed, the more successfully it can be treated. A mammogram is one of the best methods doctors have for finding and evaluating breast cancer in its earliest stages.

St. Luke's Breast Health Center has modern x-ray machines that use very small radiation doses. All of our mammogram technologists are women who are specifically trained to take breast x-rays safely and effectively. Each technologist will explain how the breast x-ray is taken and answer your questions. If you are interested, your visit to St. Luke's Breast Health Center can include video instruction in breast self-examination (BSE).

To protect your health, call today for a mammogram appointment at St. Luke's Breast Health Center. You do not need to see your doctor to make an appointment for a mammogram. However, your test results will be sent to your doctor. If you do not have a doctor, St. Luke's Physician Referral Service can help you find one you can trust and who understands your needs. Call St. Luke's Physician Referral Service at 821-DOCS.

Call 641-6545
for a mammogram appointment



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Youth and Senior News

Free Health Fair For Bernal's Seniors

In recognition of Older American's Month in May, the Bernal Heights Senior Program will host its second annual free Health Fair and Medicine Review for senior citizens of the neighborhood on Saturday, May 8th.

This year's health fair will offer free hearing tests by the Hearing Society, glucose tests by the Emerald Grove and glaucoma screening by the Northern California Society to Prevent Blindness. Blood pressure screening by St. Luke's Hospital and weight & height check from Public Health Center #3 will also be

available to seniors.

Highlighting the Health Fair will be the "Brown Bag Medicine Review" which allows seniors to sit down and talk with a pharmacist from Arrow Pharmacy and St. Luke's about their medications and their proper use. The term "Brown Bag" refers to the papersack that each senior is given prior to the Health Fair. Seniors are instructed to bring all of the medications, both prescription as well as over the counter, in their bag. Pharmacists will review each seniors "medicine cabinet" and help participants better organize their medications, discover any

dangerous combinations and take the time to answer any questions and concerns that they may have about proper doses, use and storage.

All registered senior participants will also receive gifts, a free box lunch and chances to win great door prizes at the conclusion of the Health Fair. Free lunch time entertainment features a musical comedy with important information on arthritis and medications by the Senior Theater Education Project (STEP).

The Health Fair will be held at the Bernal Heights Neighborhood Center at 515 Cortland Avenue from 10:00 - 2:00 p.m. Bernal seniors 60 years and over may register or get more information by calling the Bernal Heights Senior Program at 206-2145.



Make A Circus Free Circus Skills Workshops Offered to At-Risk Teens

At-risk teens can qualify for paid summer Apprenticeships with Make A Circus. Interested teens, aged 14 through 19, attend free workshops two afternoons a week ten weeks (through June 18), where they learn juggling, stiltwalking, tumbling, clowning and other circus skills. They will also prepare for the summer Apprenticeship by learning technical theatre skills and how to work with children. Following the workshops, qualified teens will be chosen as summer Apprentices to work in the Make A Circus Summer Festival Days Tour.

val Days Tour.

Last summer, several teens participated in this unique program at the Bernal Gym. Several teens in the program used their skills to bring color and cheer to Bernal's float in the '92 Carnaval Parade. This summer marks the Twentieth Anniversary of Make A Circus, a free outdoor, participatory professional circus theatre which performs in close to 50 communities throughout California each summer.

Applications will be accepted up until April 13. Further information and applications contact Patricia Howard, 776-8477.

Planning for the San Francisco Children's Fund

The Mayor's Office of Children, Youth and Their Families invites anyone interested in planning of children and youth services to attend a neighborhood meeting facilitated by neighborhood leaders. The purpose of the meeting is to reach agreement on a representative to participate on the planning body. The meeting will cover:

- Brief presentation of the 93/94 Children's Service Plan.
- Selection of your neighborhood representative on a planning committee.

ning committee.

Soliciting ideas to strengthen communication among all interested parties.

The meeting will be held at the Bernal Heights Neighborhood Center, 515 Cortland Avenue on April 8, 1993 from 6:30-8:00 p.m.

The meeting is accessible to the physically disabled. Please refrain from wearing perfume or other scented products. American sign Language interpreters, sound enhancement system and readers are available by calling 554-8990 at least 72 hours in advance. Accessible parking is available.

Senior Information & Activities at the Bernal Heights Senior Program

• SENIOR GOLD CARDS

Wednesday, April 7, 10:00 a.m. - 12:00 p.m.

Senior citizens can receive discounts at many shops and services in San Francisco by simply presenting their "Gold Card." Restaurants, dentists, pet shops, pharmacies, plumbers and more participate in the Gold Card program.

A Senior Information & Referral representation will be issuing free Gold Card at our center on April 7th between 10:00 a.m. - 12:00 p.m. The updated booklet listing the names of participating businesses and their discounts offered will also be available for distribution.

• FOOD STAMPS for seniors

Wednesday, April 21 • 12:30 p.m.

The SF Department of Social Services is making an extra effort towards offering Food Stamps to seniors. They are making it easier for you to apply by allowing elderly or disabled applicants to apply by phone and mail, instead of having to go to one of their offices.

Every little bit helps and you can be eating better today. You can own your own home and still be eligible for Food Stamps. SSI recipients are not eligible for Food Stamps. To find out more, attend a presentation at our center on April 21 at 12:30 or call the Food Stamp Outreach line at 558-4186.

• FREE TAX PREPARATION ASSISTANCE

On Saturdays thru April 10th, 1- 5pm in the Bernal Library, VITA will provide free tax assistance to seniors. Don't delay, do it today!

• SENIOR RALLY IN SACRAMENTO!

Senior Power! Hundreds of seniors will rally in Sacramento on issues of health care reform, jobs, SSI, IHSS, and the budget. Your legislatures will be present to hear your concerns. Entertainment and a march around the Capitol will be featured. The trip is only \$8.00 and includes roundtrip bus and brown bag lunch. If you would like to go and can not afford this fee, please see Vicki - "To Promote the General Welfare" Wednesday, May 12, 7:30 a.m. - 5:30 p.m.

For more information, or to obtain a complete listing of activities, call the Bernal Heights Senior Program at 206-2145.

Celebrate Earth Day Get a Compost Bin for \$35.00

You have heard about, read about, and thought about composting for many moons. But you have not started to DO it yet. Oh... you know, composting bins costs too much to buy, takes too much work to build... No need to fret about it. For this Earth Day, treat yourself to a special offer. Get a bargain Compost bin. The bin- the SoilSaver - Normally retails for \$100.00, but you can order it for \$35.00 ONLY. That's a \$65.00 savings.

This ground-breaking program is sponsored by the City and County of San Francisco's Recycling Program and administered by SLUG, the San Francisco League of Urban Gardeners. To order a bin call SLUG's Rotline, 285-7585.

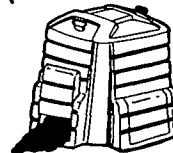
The bin is made of 50% recycled black plastic, stands 2'5" high by 2'2" square; weighs about 30 pounds and holds 12 cubic feet of materials. The SoilSaver is considered the best bin available for food and yard wastes. Be sure to call and order early. Bin quantities are limited. Bins will be available on a first come, first serve basis. The Recycling Program and SLUG made this special offer last fall, and within a month, 600 bins were snatched up by compost enthusiasts.

- By Maria Hon

COMPOSTING: It's Recycling, Naturally!

Get a Bargain Compost Bin for \$35.00 (Retail for \$99.00)

Compost kitchen scraps and yard trimmings into a rich soil amendment for your plants!



Free Hands-on Composting Workshops by SLUG (SF League of Urban Gardeners)

Where: Garden for the Environment (Sunset District, 7th & Lawton)
Cost: Free
Time: Saturday 10 am to 12 noon. (* Sunday 2 - 4 pm)

Apr 10 Basic	Apr 24 Basic	May 2* Basic
May 22 Worm	Jun 12 Basic	Jun 26 Basic



NEW! Become a community Compost Trainer.
Get trained by SLUG. Teach others.
Application deadline: April 15

call the SLUG Compost Rotline-285-7585

Sponsored by the San Francisco Recycling Program

Community Congress

Neighbors gather to discuss 1993 Bernal Agenda

Several dozen concerned Bernal Heights neighbors gathered with the board and staff of the Bernal Heights Neighborhood Center for their annual Community Congress on March 13th. The highlight of the Congress was to focus on issues raised from the 1993 Bernal Agenda Campaign through workshops which allowed members to voice their concerns and possible solutions to the community's issues and needs.

Community Organizing/Outreach

The Outreach Committee will implement a continual BHNC membership drive throughout the year. A "Welcome Packet" filled with neighborhood information and resources will also be developed and given to new residents to help them feel welcomed, become informed about the community and invite them to be members of the BHNC.

The Outreach Committee also plans to network and become more active with other neighborhood groups in a more cohesive effort in organizing the community around the city's budget impact on Bernal Heights. Service reductions this year include the Bernal Branch Library, Public Health Center #3, S.F. General Hospital, MUNI service to Bernal, Youth funding and safety services such as police and fire. The community will present a coherent budget to City Hall stating the neighborhood's needs before budget cuts are implemented this summer.

The rejuvenation of existing public housing and economic development of small businesses in Bernal will also be focuses of the Outreach Committee this year to ensure the health and stability of the neighborhood.

Fundraising/Special Events

The Fundraising Committee will focus on special community events this year as a resource for raising income for the Neighborhood Center. The committee plans to incorporate larger populations of Bernal, such as the community's visual, performing and musical artists through special "artistic nights" highlighting the many talents on the hill. Other events include a Hillwide Garage

Sale, Film screenings at the Neighborhood Center, and a Dance-a-thon at the El Rio night club. The committee will also research the feasibility of hosting the Neighborhood Center's annual "Fiesta on the Hill" as a street fair on Cortland Avenue, instead of locating in its traditional Bernal Playground location.

Seniors

Pedestrian safety for the elderly in Bernal Heights will be a focus of the Senior Committee this year. Seniors report daily danger and anxiety when crossing the streets on Cortland Avenue, especially at the four-way stops that have seen an increase in drivers who carelessly run the intersection. The Senior Committee will work with the Police Department towards having a motorcycle officer increase the monitoring of the dangerous intersections on Cortland. The development of a "crossing guard" program during peak hours at the Senior Program will also be investigated. This system would be similar to crossing guard programs used at elementary schools and could be staffed by senior volunteers.

The idea of establishing an emergency frozen meal program for frail elderly in Bernal resulted from the frustration of the current two to three month waiting list for home delivered meals through Meals on Wheels. Resources and funding to purchase, store and deliver prepared frozen meals will be researched by the committee this year.

The high cost of in-home care for frail elderly or seniors recovering from illness or operations will also be addressed by the Senior Committee. An idea of organizing a match program for seniors in need with community residents willing to perform general household chores, cooking, etc. at a reasonable hourly rate could be organized through the *New Bernal Journal* classified ads.

At-Risk Youth

The Youth Committee will work towards developing and funding more youth employment programs that will include those aged 17 - 23 years. Currently, the



1993 BHNC Board of Directors, left to right: Julian Navarro, Patricia Fusano, Martin Beltran, Carol Anderson, Tiki Hadley, Betty Dillon, Bill Sorro, David Rogers, Jose "Tony" Rodriguez, Demece Garepis, Augustin Oropeza. Members not pictured: Bebe Castaing and Georgia Willette.

BHNC offers a job program that can only place youth under the age of 18 in worksites. The Youth Committee would also like to see the "two sides of the hill," the BHNC and Precita Center, united in order to stabilize youth job programs in the community instead of "ping ponging" back and forth between school year and summer time job placements.

Gang prevention will also take precedence this year. The need for more jobs, training and positive role models are critically needed in Bernal to help youth think about their future, receive guidance and finally succeed.

The Youth Committee will also focus on the school system to guard against cutting of school counselors who provide important guidance and inspiration to students.

Five Bernal residents were elected to serve on the Neighborhood Center's 13 member Board of Directors: Martin Beltran - a youth and past participant of the Neighborhood Center's youth programs, Bernice "Bebe" Castaing - President of the Holly Court Tenants Association, Patricia Fusano - co-owner of the new Nicco's Cafe, Julian Navarro - Bernal Heights Senior Program participant, and re-elect Bill Sorro - an organizer with the Tenants & Owners Development Corporation in the South of Market Area and current President of the Board. This diverse group of new board members will work in conjunction with the Committees to address the following results of the Congress's workshops.

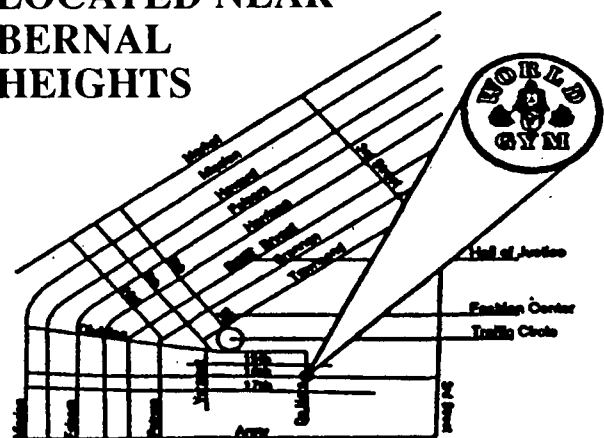
- By Vicki Victoria

Bernal Heights Neighborhood Center (BHNC) Board & Committee Meetings - April & May 1993

- | | |
|---|---|
| <ul style="list-style-type: none"> • Board Meeting
7:00 p.m., Mon., May 17,
Mission YMCA, 4080 Mission • Fundraising Committee
6:00 p.m. Mon., April 19,
Wed., May 12 • Outreach/Community
Organizing Committee
6:30 p.m. Tues., April 6, May 4 | <ul style="list-style-type: none"> • Senior Committee
5:30 p.m. Mon., April 5, May 10 • Youth Committee
7:00, Thurs., April 18, May 13 <p><i>All Committees meet at the Neighborhood Center at 515 Cortland Avenue, unless noted otherwise. Call the BHNC at 206-2140 for more information.</i></p> |
|---|---|

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Tuesday, April 20th, 1993 • 7:00PM
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For further information, please call the Public Affairs
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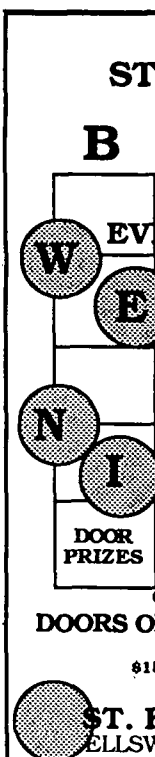
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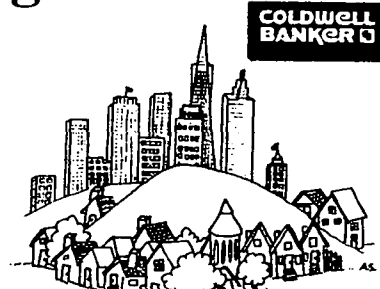
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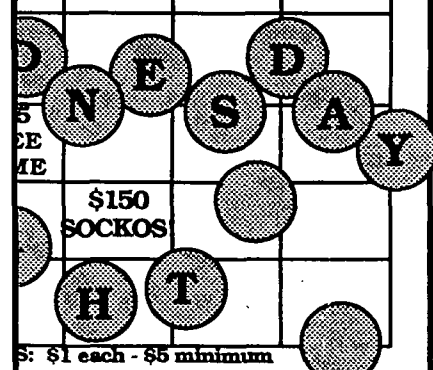
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Bernal Library News SERVICE CUTS!

By Jean Poole

If you missed the Mayor's meeting at Mission High on March 30th, there's still time to protect proposed service cuts for your library. Plan to call the Friends of the Library to assist them with their lobbying efforts at 557-4257 before the budget goes to the Board of Supervisors later this month.

Why get involved? Drastic cuts in service are required for the library to meet the budget reduction of \$1.7 million asked for by City Hall. While Bernal Branch will remain open, not everyone would be served at 500 Cortland. Only children to age 18 could use the branch and then, only two days a week. Adults needing service (book requests, reference questions, etc.) would have to go to Excelsior, Mission or the Main on one of the five days a week those sites are open. Branches like Bernal will *not* have Saturday hours. Let the Mayor know that libraries are a priority and important to you and your family.

OPAC - Starting in April you, our library users, will have access to the OPAC or Online Public Access Catalog. This catalog is a computerized list of all of the San Francisco Public Library's holdings. What this means to you is now you can search for that book or video yourself. OPAC will tell you what branch has the title you want and the format it is in, cassette, video, paperback, record, hardcover. Drop by the branch and test OPAC out! We'll be happy to show you how!

Furlough Day For April - Mandatory furlough days continue so expect *no library service* on Friday, April 16th. Other Friday closings will be May 28th and June the 18th. REMINDER- these closings are the result of budget cuts for this fiscal year.

Programs - Pre-School Story Hour-10:30 a.m. Tuesday; Family Night- 7:30 p.m. Wednesday; Adult Reader's Group meets on Apr. 22nd at 4 p.m. Book for discussion will be Cather's *My Antonia*. Poets in the School at 4:30 p.m. on Tuesdays.

Library Hours: 10 to 6 p.m. Tues. (closed between 12 & 1 p.m.); 1-to 9 p.m. Wed.; 1 to 6 p.m. Thurs., Fri. & Sat.

Bernal Hilltop Natural History

Blue-Eyed Grass

By Barbara M. Pitschel

One of the Bernal's prettiest spring wildflowers is the blue-eyed grass (*Sisyrinchium bellum*).

Despite the fact that this genus is in the iris family (Iridaceae), your first glance will not remind you of an iris. The deep purple flowers are less than an inch in diameter, with six petals (actually three are sepals, but they look just like petals) and yellow centers. There is no hint of the flag-like structure we usually associate with irises. The plants, particularly on a substrate such as Bernal's, are seldom more than six inches tall. But, if you look closely, you will see that the leaves are arranged in a way that is distinctly characteristic of the iris family, "equitant," which refers to their flat, overlapping, two-dimensional growth form.

The plant is interestingly but inaccurately named. As for the common name, it's "eye" is yellow, not blue. It is not a grass. Because it is a monocot, its leaves are linear and grasslike, as are those of thousands of other non-grass plants. It's botanical name is closer to the truth. My reading tells me that "*Sisyrinchium*" is derived from words for "pig" and "snout," which refer to swine grubbing at the roots, a problem we are spared on Bernal, but one faced by many California plants species threatened by the depredations of feral pigs. "*Bellum*" ("beautiful") is probably the most accurate of this plant's names.

Sisyrinchium bellum grows on many parts on the hilltop; the west slope, the north slope along the roadside, the south slope east of the Ellsworth Street steps, and the restoration test plot at the southeastern end of the hill are just a few sites. It can be seen in flowers as early as February and it continues well into June, occasionally even later in spots with residual moisture.

The abundance, and long blooming period of this species make it easy to find, and its distinctive flowers and leaves make it easy to recognize, so it's an ideal objective for a wildflower walk on the hill.

Blue-eyed grass is easy to start from seed, needs little care, and tends to self-sow, so plants propagated from Bernal-collected seed have proved ideal for restoration efforts on the hilltop. This perennial is usually available at local native plant sales and is certainly worth considering for your garden.

You are invited to join our work parties at 11:00 a.m. on the third Sunday of each month to see these and other magnificent spring wildflowers and to help with weed control and maintenance of restoration areas. For further details call me at 282-5066.



Schmooze at Nicco's . . . Shop at Twist

Cortland Revitalization Moves West to Anderson Street

by Anne Weinberger

When Patricia Manalili was growing up on Moultrie Street above her father's toy shop in the 1960s, little did she know she would one day be running a cafe on Cortland Avenue named after her own baby boy, Anthony Nicco. And when he moved to Bernal Heights ten years ago, little did Frank Fusano know he would marry Patricia and design and construct this neighborhood cafe.

The happy ending of this Bernal Heights fairy tale is being shared by neighbors from up and down the hill, as they gather to sip caffe lattes and nibble on scones at the new **Nicco's Cafe**, which opened in mid-February at the corner of Cortland and Anderson. This bright cafe has an Italian-French flair, with a Toulouse-Lautrec-inspired mural, gleaming espresso machine, biscotti, and plump croissants. It also caters to New York deli aficionados who crave bagels and cheesecake.

Frank and Patricia first got involved in the neighborhood after buying their house on Peralta five years ago.

When some drug problems arose on their street, they got their neighbors together and formed a block club. With the help of the Bernal Heights Neighborhood Center and the CPOP police program, the club got the problem eradicated. It was then that the Fusanos realized how great their neighbors really were, and they have remained involved in the community ever since. Frank has kept active as president of the block club and in helping to organize periodic graffiti paint-outs along Cortland, and Patricia was recently named to the board of directors of the BHNC.

"We opened Nicco's to serve our own needs for a safe, clean place to sit, meet and be neighborly," says Frank, "but we also did it as a way to give back to the community." The cafe already has a crowd of "regulars," including kids who come in after school for juice and cookies.

Those who stop by Nicco's at about 5 p.m. will likely meet all three Fusanos. That's when Frank has left his job as assistant chief engineer at UCSF, picked up Nicco from day care and brought him to the cafe, where Patricia, who has been working there all day, takes the little guy home and leaves Frank behind the counter for a couple of hours.

When cafe customers have made the final dunk of their biscotti, they may find themselves wandering across the street to the newly opened **Twist Design**. Somewhere between an antique store, a thrift shop, and an art gallery, the shop has strikingly designed items ranging from Victoriana to art deco, art nouveau, and '40s and '50s pieces. Proprietors Paul Handley and Daniella Steffen offer an eclectic assortment of furniture, kitchenware, and small appliances, as well as interesting finds such as collectable cameras and vintage valises.

In addition to the time-honored items, Twist Design highlights the contemporary creations of a few Bernal Heights artists, and in the future will introduce furniture designed by the owners themselves.

Paul, a native of Scotland, and Daniella, from Germany, formerly operated antique stores on the east coast. Before opening up shop in Bernal Heights, they tested the waters by offering some of their pieces through Rustica, a few blocks up Cortland. They had such tremendous success that they knew this was the place to be. They've had such a warm welcome as entrepreneurs in the neighborhood that now they are looking for a place on the hill to call home.

In just the couple of months that these two new businesses have been open, the west end of the Cortland business strip has sprung back to life. And from what Frank and Patricia and Paul and Daniella report, there are lots of people asking them about what it's like to do business in Bernal. Let's hope this year will see many more grand openings. •

- Anne Weinberger is a free-lance writer living in Bernal Heights.



Patricia Fusano, co-owner of Nicco's Cafe

Love = Food

Continued from page 1...

deliver meals to 1,500 men, women and children living with AIDS, every evening, seven days a week, 365 days a year. During a time when many city services are limiting and cutting social services, Project Open Hand, well run non-profit organization, is proud to state that of the 2,300 people served, they have never had to put anyone on a waiting list. The cost of meals to clients, if they are able to pay, is \$5.00 per day. However, fewer than five percent of their clients can pay for their food and no one is refused. The ability to serve people so well and efficiently can be attributed to the well organized, inspired and dedicated army of volunteers. "We need 120 volunteers daily just to deliver food," says Picariello.

People who receive meals from Project Open Hand rely on volunteers for a lot more than food. "They count on the smile at the door, the daily contact and the

effort," explains Picariello. She says that clients feel embraced by the community if they are being served by their own neighbors and community groups such as churches, clubs and corporations, "They feel more comfortable and accepted and that their situation is more understood - they don't feel as isolated and ostracized."

Project Open Hand also realizes the need for people have "comfort foods" provided to them. The kitchen prepares culturally-specific and vegetarian meals, in addition to regular dinners. Picariello appreciates this consideration for clients, "I'm Italian and grew up on an Italian level of food as comfort. If it was a bad day, we'd eat to feel better. If it was a good day, we'd eat!"

Picariello realizes the social stigmas attached to people living with AIDS and how this may discourage prospective volunteers. When recruiting volunteers, she can sense the fear of those who are afraid of contracting the virus if they come in contact with someone with AIDS. "It's on the

tips of their tongues," Picariello says, "I tell them that you can't get AIDS from preparing or delivering food- but you can get AIDS if you have unsafe sex or shoot up with dirty needles."

Eager to talk to neighbors and community groups who are interested in volunteering, Picariello would like to see Bernal look at its community as an extended family and that right now, someone in the family needs their help. In addition to delivering meals and groceries, volunteers can become involved in preparing meals as a Kitchen Volunteer, help break down bulk foods in their Food Bank, provide office assistance, outreach to others through their Speaker's Bureau and of course, lend assistance in their many fundraising events. If you would like to attend a Bernal Heights presentation highlighting Project Open Hand's volunteer opportunities, contact the *New Bernal Journal* at 206-2144 or call Marilyn Picariello at Project Open Hand directly at 255-2529. •

- by Vicki Victoria

For Your Benefit

Soul Food on the Hill - Just the Way Mom Use to Make it!

Youth Program participants tackled 75 bunches of mustard greens while the intoxicating smells of Donald Pipkin's home-made barbecue sauce filled the air. Bernal Seniors simmered black eyed peas, hamhocks and mustard greens as they baked mouth watering corn bread and sweet potato pie from scratch. The preparation for this grand feast on February 19th was for the Neighborhood Center's annual Soul Food Dinner in celebration of Black History Month. The Shiloh Full Gospel Choir belted out soulful songs, poet Maketa recited heartfelt words and Shari Pierce and family shared their musical talents for the crowd of 100 delighted and impressed neighbors. The successful community gathering raised over \$500 for youth and senior services at the Bernal Heights Neighborhood Center.



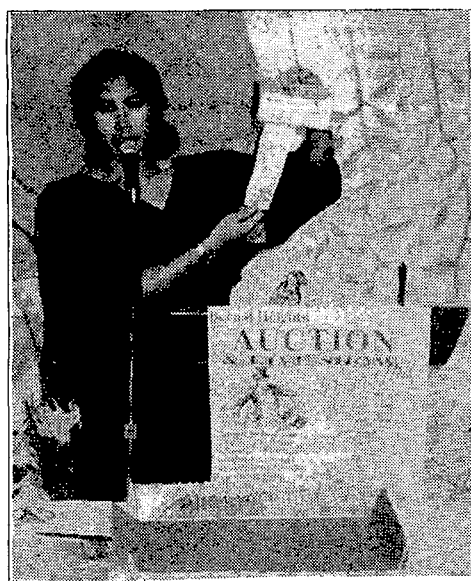
Super chefs, left to right: Bernal Heights Senior Program members Vernon Tarriel, Grace Williams, Annie Trusty and Earlene Ratcliff cooked up a delicious storm for the annual Soul Food Dinner this past February.

El Rio Throws a Salsa Caliente Party for the Neighborhood Center!

El Rio co-owner Malcolm Thornley sponsored a fabulous Salsa Caliente Spinfest last month to benefit the Neighborhood Center's work in our community. Over \$300 was netted at the special two week-end event, and great salsa music could be heard throughout "our dive."

Special thanks to Hector Torrez, Manager of our local Taco Bell, for his generous contribution, and to Columbia, Round-World Music, Jose Cuervo, Dos Equis, and JK Sound, for their support. Special thanks also to Wanda Whitaker and her staff person Fatin Askari, for all their work in making the Party such a success. All the Spinfest DJs were great, including Bernal's own Bobby Antonelli! Thank-you Malcolm, and we look forward to an even bigger Salsa Caliente next year!

Pictured from left to right: Electro, Wanda Whitaker, Helen Helfer, Malcolm Thornley, and Chili "D" - Person's head in front: Fatin Askari



Bernal Auction & Live Show a Success!

Going once, twice...SOLD! From gorgeous gift baskets of chocolate to sparkling amethyst gemstones and nights for two in the Wine Country, the Bernal Heights Auction & Live Show treated neighbors to some fantastic bargains and great entertainment on March 21st.

The Auction brought in \$2,500 to benefit the Bernal Heights Neighborhood Center's Senior Program. The money will go towards purchasing 140 grocery bags per month for the neigh-



Emma French and Friends swirled their colorful, festive dresses while performing traditional Mexican folk dances.

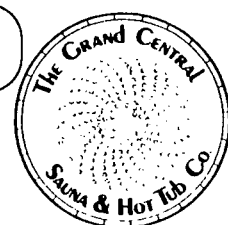
borhood's low income and homebound elderly.

Setting the mood for the festive afternoon was the Mo' Fresh Kids from St. John's Educational Threshold who performed a delightful play about the rain forest. Jose & Enrique strummed and serenaded festive songs from their native Mexico and Emma French and Friends performed lively Mexican Folk dances. "The Pinch," your noisy neighbors, performed their original rhythmic music to cap off the Sunday afternoon.

Special thanks goes to Julian Navarro, Senior Program participant and new BHNC Board Member who donated the brand new microwave oven for a raffle that raised \$256.00 from ticket sales.

The Senior Program was touched by the generous response of those neighbors, artists and businesses who donated the many wonderful items that helped to make the Auction a success. In tough budget times and shrinking funding, it's great to know that folks will be happy to lend a hand to help our community's elderly.

The Bernal Heights Neighborhood Center's Senior Program thanks our 1993 Auction Sponsors:



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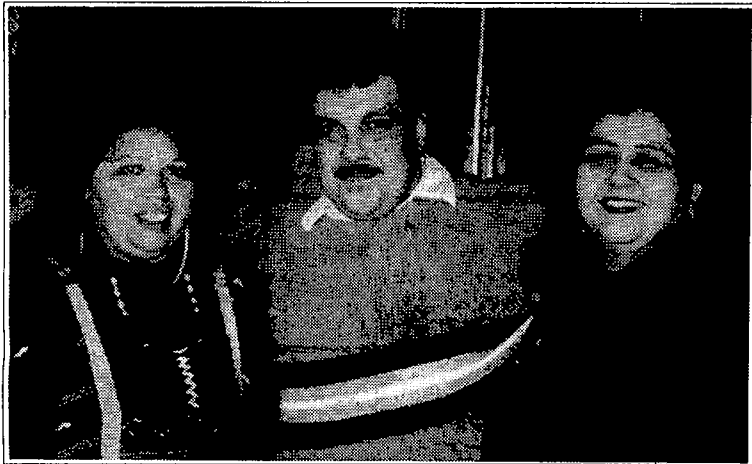
BERNAL CALENDAR

• **Mural Awareness Week.** Saturday, May 8 - 15. Sponsored by the Precita Eyes Muralists Association, the week celebrates the City's heritage of monumental art, past and present. For dates and times of the week's long series of events including mural walks and tours, awards ceremony, and exhibitions, call the Precita Eyes Muralists Association at 285-2287.

• **Pancake Breakfast.** Sunday, May 2nd. Enjoy a delicious pancake breakfast with your family and friends for only \$3.50/adults, \$3.00/seniors and \$2.50 children. A fundraising event for the St. Kevin's Pre-school program. *St. Kevin's Parish Hall on Ellsworth Street at Cortland Avenue. 648-5751.*

• **St. Kevin's Annual Festival "Jazz"** Friday, Saturday, Sunday, May. Three days of fun for the whole family! Game booths, prizes, delicious foods, bingo, raffles, children's games. *Admission free. St. Kevin's Parish Hall on Ellsworth Street at Cortland Avenue. 648-5751.*

• **Cinco de Mayo Razathon: Healthy High Five Race,** May 1st. Register now - five categories to compete in: walking, running, rollerblading, skateboarding, and corporate team involvement. Compete for your favorite charity or just for fun. Registration includes tee shirt, admission to Cinco de Mayo Festival and a chance to win a trip for two to Mexico. The 5 mile race takes place at Lake Merced. Entry fee is \$10.00 in advance, \$15.00 day of the race. 826-1401.



• Astounding Exhibit of Mexico's Oldest Great City - Teotihuacan

Not only for Bernal Heights' 35% Latino residents, but for all of us who care deeply about our multi-culturalism, a rare opportunity is coming to our city on May 29th.

First, a very brief history: Teotihuacan, Mexico's first urban state, existed from 150 BC to AD 750. At its height, it had a population of more than 150,000 people. It was as populous as Athens and covered a larger area than the city of Rome, which flourished about the same time. Today it is the most visited and revered archeological site in all of Mexico, yet there has never been a major exhibition on Teotihuacan until now.

Opening celebration for this very special exhibition will be Saturday, May 29th at 1pm at the deYoung Museum in Golden Gate Park. The Neighborhood Center will be sponsoring a special tour of the exhibit in late June. - By Helen Helfer

Pictured: Celia Monge-Mana from Danza Azteca Xitalli, Augustine Oropeza from the Bernal Heights Neighborhood Center Board, and Amalia Mesa-Bains, Co-Chair of the Exhibit and Bernal resident



The fourteenth Annual Carnaval San Francisco celebrates "Mother Earth" when this spectacular multicultural celebration of life returns May 28-30. Parade 11:00 am Sunday. Festival is located on Harrison Street, between 16th & 21st Streets, 11:00 - 7:00, Saturday & Sunday.

CPOP

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"call for service" problem.

Currently, the Ingleside C.P.O.P. is staffed by eight officers and one sergeant. Sgt. Ann Cazahous currently supervises the program and has done a tremendous job implementing the program at Ingleside. Five officers are assigned to foot patrol beats (one on the Cortland side, and one on the North West/Precita side), two officers handle non-geographical beat community complaints using a sector car. Ann and assistant Lynette Hogue also cover non-beat areas and provide back-up to the five beat officers who work the four day/10 hour - a day work schedule.

A pilot program to study if sector cars/"call for service" officers can handle non-beat community police problems is being tested at the Southern Police Station in the South of Market area. If the Ingleside station must implement this program, Captain Wilson doesn't think that his sector car officers will have enough time between runs which are sometimes backed up 1 to 2 hours to handle long-term problems. Also, this same program won't apply as easily to Bernal Heights, as it can't be compared to the South of Market areas, as the two areas have very different types of problems. Instead, Captain Wilson would like to see some beats realigned so that each beat is within a single sector car area, allowing the beat officers to only have to coordinate with one other car. Currently, each beat overlaps into three sector car areas.

The Captain also stated that he would not implement any changes without first consulting with the community, committing to attend to the April 20th Ingleside meeting. At that time, he would bring a draft of his plan and if any

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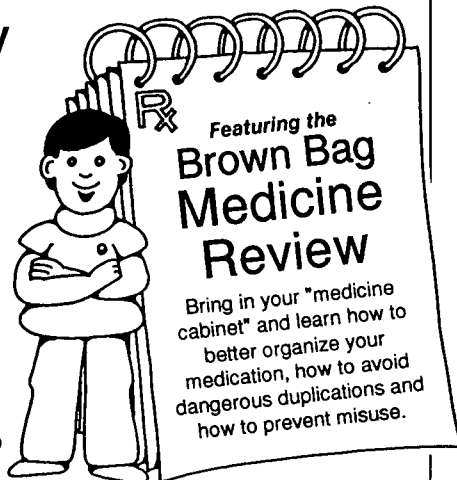
Bernal Heights Senior Health Fair

Saturday, 10:00 - 2:00

May 8, 1993

A free community health fair for senior citizens

- Free Health Checks & Screenings
- Medication education & counseling by local pharmacists
- "Joint Adventure" musical comedy performed by STEP
- Free lunch and Door Prizes



To register call: 206-2145



Bernal Heights Senior Program
Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco

HAVE YOU LOST A SPOUSE IN THE LAST SIX MONTHS?

University of California researchers seek subjects aged 21-55 who have sustained the death of a spouse between two and six months ago.

This study is not appropriate for persons who have current problems with drugs, alcohol or binge-eating, or who suffer from serious mental disorders that have required hospitalization.

Reimbursement is provided.

UCSF Call Jillian Tallmer at 476-7608

Langley Porter Psychiatric Institute
Study directed by Mardi J. Horowitz, M.D.

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AstroRap

This Spring features some combustible energy, enough to blast you out of any stale places you might be holding onto. April 22nd and 26th mark the stations of revolutionary Uranus and Neptune, whose coupling together in the sky wreaked such havoc the last time they went retrograde. Remember last April? Riots in Los Angeles, hurricanes, eruptions and tidal waves? Uranus governs flukish and unpredictable events, and Neptune governs watery phenomena such as floods. Telluric activity and natural disasters are not, however, the most important manifestation of this important transit. Hopefully these times will give rise to a more subtle form of the energies. Sudden upheavals are just as inevitable on a personal level. Surrender to these shifts: they are preparing us all for the millennial transition into a new epoch. - *Astrological readings by Jessica Murray, 626-7795*

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changes need to be made sooner, he would hold an emergency meeting.

If you are concerned about C.P.O.P. changes, you should write Captain Wilson at the Ingle-side Police Station at #1 John Young Lane, San Francisco, 94112, or call 553-1602. Please send a copy over the letter to the BHNC at 515 Cortland, SF, 94110. Concerned residents should also plan on attending the April 20th Ingleside meeting. For more information call Mauricio Vela at 206-2140.

Health Focus

Homeopathy

By Jeanette Conley RN

Homeopathy is a systematic approach to healing that has been used since the 1800's. It is a approach which matches the similar symptoms with the proper remedy. It uses the basic laws of nature for its principles. It uses the vital force to realign the bodies energy systems.

The main principle of homeopathy is treating like with like. It looks at the whole person and everything about them. The way in which they sleep, eat and, there likes and dislikes. It matches the energy of the person with the energy of the remedy.

The remedies are made from herbs, vegetables and minerals. They are very diluted potencies. They come in liquid and small tablets. They are prepared in a standard laboratory in accordance with the Homeopathic Pharmacopoeia of the United States. They are safe and effective with no known side effects. They work well with babies, children and the elderly.

***Emerald Grove, New Name!** Jeanette Conley, RN, 513 Cortland Avenue, 647-6556.*

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St. Kevin's Pre-School

Sunday, May 2

7:30AM - 11:00AM

Adults \$3.50

Seniors \$3.00

Children \$2.50

704 Cortland Avenue
(Old Hall on Ellsworth St.)

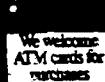
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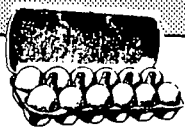
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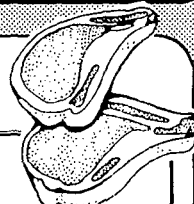
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BH SNACK RAMEN NOODLES	6/\$1.00
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PORK STEAKS	\$1.49/LB
PORK NECK BONES	59¢/LB
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PRIME RIB OR MARKET STEAKS	\$4.99/LB
SKIRT STEAKS	\$3.39/LB
PORTER HOUSE OR T-BONE STEAKS	\$3.99/LB
NEW YORK STEAKS	\$2.99/LB
SIRLOIN TIP STEAKS	\$2.99/LB
CHUCK STEAKS	\$2.99/LB
J.C. BACON	\$1.69/LB
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C.H. BROTHERS BRANDY LITER	\$11.59
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BELLARBORS WINE 750 ML	\$4.99
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